

STORY TELLING WITH SASQUATCH WEEK 3 HOMEWORK

- DEFINE YOUR CORE VALUES -

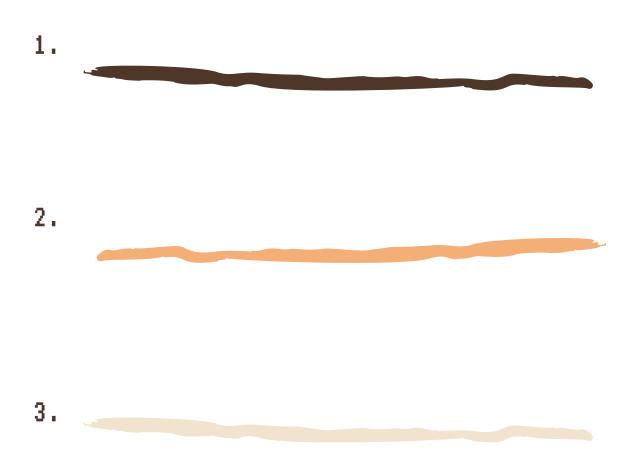
CIRCLE 8 FROM THIS LIST

CREATION CURIOSITY DISCOVERY EXPLORATION EXPRESSIVE IMAGINATION INNOVATION INQUISITIVE INTUITIVE OPENNESS ORIGINALITY UNIQUENESS WONDER ALERTNESS ATTENTIVE AWARENESS BEAUTY CALM CLEAR CONCENTRATION FOCUS SILENCE SIMPLICITY SOLITUDE

ASSERTIVENESS CONFIDENCE DEDICATION DISCIPLINE PERSISTENCE POWER RESTRAINT RIGOR SELF-RELIANCE BRILLIANCE CLEVER COMMON SENSE DECISIVENESS FORESIGHT GENIUS INSIGHTFUL KNOWLEDGE LEARNING LOGIC OPENNESS | THOUGHTFUL UNDERSTANDING VISION WISDOM

ACCEPTANCE COMFORT COMPASSION CONTENTMENT EMPATHY GRACE GRATITUDE HAPPINESS HOPE INSPIRING IRREVERENT JOY KINDNESS LOVE OPTIMISM PASSION PEACE RESPECT REVERENCE SATISFACTION SERENITY THANKFUL TRANQUILITY WELCOMING

- NOW PICK THE MOST IMPORTANT 3 CORE VALUES FROM THE 8 YOU CIRCLED ABOVE -



THESE ARE YOUR GUIDES. TELLING STORIES CAN BE SO OPEN ENDED THESE VALUES ARE LIKE LITTLE GUARDRAILS ON YOUR STORY TELLING HIGHWAY. IT'S GONNA GET REAL MESSY IF YOU DON'T PAY ATTENTION TO THEM. IF YOU DO PAY ATTENTION, YOU WILL BE CLEARLY UNDERSTOOD BECAUSE YOU YOURSELF ARE CLEAR. - OBSERVE THE WORLD -

OBSERVE THE SAME SPACE, AT THE SAME TIME FOR 15-30MINS EVERY DAY. JUST LISTEN, LOOK, LEARN, REASON. BE PRESENT. WRITE ABOUT WHAT YOU SEE. NOTHING FANCY. A LOG WITH A LITTLE BIT OF NARRATIVE IS FINE.

EXAMPLE: "TREE - LEAFLESS, BROWN, MOVES WITH THE WIND, ROUGH EXTERIOR, HOME TO SQUIRRELS AND RED BIRDS."

WE ARE NOT MAKING STORIES FOR THE THINGS WE SEE, JUST NOTING THEY EXIST AND WHAT THEY HAVE.